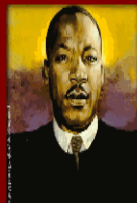


OKYEAME

January 11, 2007

American Embassy,
Accra



Martin Luther King Jr. Day

Miami-Dade County Public Schools

Dr. Martin Luther King Jr. Day is an official holiday which has been celebrated on the third Monday of January since 1986. It is the first new holiday since 1948, when Memorial Day was created as a "prayer for peace" day. It is only the third this century, the other is Veterans Day, created as Armistice Day in 1926 to honor those who died in World War I. Dr. King is the only American besides George Washington to have a national holiday designated for his birthday (those of Abraham Lincoln, Thomas Jefferson,

son, Robert E. Lee and others have been celebrated in some states but not nationwide. Internationally, King is one of the few social leaders of any country to be honored with a holiday (Mahatma Gandhi's birthday is observed in India). Such status by a member of a country's racial minority is almost unheard of. Generally, the honor is reserved for military or religious figures. Consequently, this holiday is a powerful tribute to King's philosophy and stature.

When President Reagan signed legislation creating the holiday in November of 1983, it marked the end of a persistent, highly organized lobbying effort spanning the nation for 15 years. "We worked hard to put together a national effort and make a powerful network," recalls Cedric Hendricks, legislative aide to Rep. John Conyers, Michigan Democrat. It was Conyers who, four days after King was assassinated in Memphis, submitted the first legislation to commemorate his birthday. Petitions carrying more than 6 million signatures -- said to be the largest petition drive in history -- were submitted to Congress in 1970. With help from New York Democratic Representative Shirley Chisholm, Conyers resubmitted the legislation during each congressional session.

The Southern Christian Leadership Conference, which coordinated the petition campaign, also kept continuous pressure on Congress for the holiday. Mass marches in 1982 for voting rights and 1983 to mark the 20th anniversary of King's dramatic speech in Washington, D.C., also contributed. In the final analysis, what may have sealed approval of the holiday was a compromise offered by Representative Katie Hall, Indiana Democrat who marshaled support in the House for the legislation. Hall, responding to criticism that the holiday would be too close to the Christmas-New Year's week, moved the observance to the third Monday of the month. The notion of a three-day weekend, plus the fact that the third Monday often follows Super Bowl Sunday, helped put the measure over the top.

"As is usually the case with great figures, particularly controversial ones who are fighting for a philosophy condemned by many, Dr. King was well ahead of his time," says Joseph Lowery, King's contemporary counterpart as president of the Southern Christian Leadership Conference in Atlanta. "Even those very much opposed to him during his lifetime have come to see that segregation, injustice and militarism are concerns which must be addressed by modern society." Not specifically patriotic or religious, the King holiday does not fit any traditional category. But black leaders hope will become a deeply spiritual day. Dr. Martin Luther King Jr. Day is an official holiday which has been celebrated on the third Monday of January since 1986. It is the first new holiday since 1948, when Memorial Day

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CLO
Office Hours

Mon-Fri
8am-12:00pm

If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okiyeame, please write to the Editor, **Mikelle Antoine** at:

accraokyeame@yahoo.com
Deadline Monday 5pm

Please let us know what you would like to see in the Okiyeame. Your suggestions, criticism and story ideas are most welcome!

The Okiyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okiyeame is a Twi word meaning linguist, or chief's spokesperson.



Paradise Lost? By Ingerlene Voosen Embry

About three months into a new experience is when some of the colors begin to fade, some of the cracks begin to show, and some of the shadows begin to darken. The honeymoon ends and you are left with this new thing to which you've committed yourself and which you can now see through acclimated eyes. And you are faced with a decision: Do you jump ship at the first wrinkle or do you stick around to see how that wrinkle complements or complicates the sparkle that first drew you to it? It is a risk - a risk that leads either to utter disillusionment or to a deeper understanding and appreciation that was simply never possible while the mask was still in place. The mask came off for me on a brilliantly sun-drenched Monday morning on a small island in the West Indies at the local newspaper where my husband Soren and I work. It came in the form of two tidily dressed, somewhat confused but definitely firm policemen requiring the entire office staff (while Soren was out covering a story) to accompany them back to the station - a five-minute walk down the torn-up concrete/dirt/pockmarked road - for questioning. The question in hand was about the work permits our employer has yet to pay for, which in the meantime makes all of his employees less than legal in status. Well, OK, illegal.

We came to this island on a literal flight of fancy. A job offer Soren and I couldn't believe - or dream of passing up - wound up giving us spectacular ocean views, romantic moonlit nights, soft, cool breezes off an awe-inspiring volcano and a new appreciation for the ever-present, ever-exploring island goat. We arrived after keeping our end of the bargain - an FBI background check, an AIDS test, a filled-out application - with high hopes and queasy stomachs. Our paperwork was "in process," we had been told by our new boss, Mr. X; and besides, working for Mr. X (according to Mr. X) means "no one will bother you" - work permit or no. That seemed to be true from the very moment we stepped foot in the country, when at Customs we told the officer that we'd be working for the newspaper but that the official documentation hadn't come through yet. There were no questions - we were just waved on through with temporary passport stamps and a friendly smile. Apparently, that Monday, someone down the ladder wasn't aware of the not-bothering-Mr.X's-employees policy and of whatever agreement Mr. X has with the government until the permits are paid for. Thus, our jaunt to the pokey.

As we went out to the marshmallow-colored, boxy SUV that served as paddy wagon, we were characters in a farce. No guns, no force, just obligation and embarrassment on the part of all parties. Sam and Sarah, seasoned reporters from Africa and another Caribbean island - strong, strong women - gave the young officers trouble and even teased them a bit. They warned them that by doing this, they were creating an international incident, that this would make the island look very bad in the world's eyes, that they (Sam and Sarah) each would get their prime ministers to call and defend them, that the international press would be all over this. Not used to "small island politics" or being a pawn in a game I didn't realize I was playing, I blinked away tears and kept asking why it was we that were being questioned, rather than the man who owes the money. Sam, a large, gregarious woman with an equally large personality, has lived here for several years, done lots of crime reporting with the officers as contacts, and is well aware of her rights as an international press member. As such, she possessed the sort of comfort in the midst of chaos that allowed her to "make her mouth big" - demanding access to a phone, a place to sit, a vegetarian snack, some bottled water - while the rest of us posed as deer in headlights. Her demands gave the whole thing that much more surrealism, as laughter and pandemonium punctuated the air. We were escorted through a flimsy particleboard door, past the 3-booth, glass-paned wooden counter where I'd applied for my driver's license a few months earlier, where we leaned against the dirty concrete walls, in the midst of a station not quite sure what to do with us now that they had us. Rather than taking us to a cell (Sarah and Sam think that's because the paper has been wanting a picture of the jail's poor condition for months and haven't been able to get one - plus it would look bad to actually jail us), the officers brought us to a conference room complete with exercise equipment, a big-screen TV - which they turned off as an afterthought - and a folded-up ping-pong table. Sarah's lawyer joined us. Dressed in her suit and obligatory professional local woman hairdo (slicked-back bun), she stepped into the chaos with confidence and an eerie sense of calm.

In the confusion, I thought she was another police person and her calmness just unnerved me. More metal folding chairs were added to the few around the beat-up, rectangular table. On one side sat the officers and the lawyer, on the other, two Americans, one African, one Caribbean and two South Americans. We studied each other and tried to make sense of nonsense. It was confusing. Everyone seemed to be talking at once and the now-ruffled police officers didn't really seem to know what they were doing or why they were told to go get us - particularly, it seemed, since we were exactly the people who could get them and the whole island in trouble. The lawyer tried being reasonable, tried to help us all make sense. Asked if the police could see how embarrassing this could become for the island.

Not surprisingly, Mr. X, a middle-aged, hot-and-cold tempered, perpetually evasive man, was nowhere to be found. We later found out that he was around, just behind the scenes, pulling strings as his marionettes twisted in the breeze. He apparently spoke with the top-of-the island hierarchy, which after less than an hour, got us released with the understanding that we needed to get our employer to pay for our permits as soon as possible. At the time, however, all we knew was that Mr. X had said to the cops, "do what you have to do" and did not come down to defend us. I was horrified. Sam was amused. Soren was sick when he came back to the office and we were all gone. The day continued when we returned to the newspaper office. Those fellow workers who had somehow vanished when the police arrived, miraculously reappeared and together we externally tried to continue researching and writing and caring about the island news while internally sorting out our hearts and calculating the cost of potential evacuation. Mr. X did not show up or check in on us until Wednesday morning. By that time, as is the way here, most people on the island knew of the incident. One friend got her info from someone who witnessed it while working on the roof across the street and called her because he knew she knew us and he wanted the scoop. It was the big joke among the resident expats who have permits and the stuff of nervous laughter for those who don't. I was reassured repeatedly by islanders and expats alike that this was nothing to be concerned about: Don't worry. Unbelievably, life in town continued on as normal as it did even in the office: Playful joking, ready smiles, lighthearted teasing - as if nothing had ever happened. Had it happened? What was happening? Weren't we in trouble? **Continues on page 3...**

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Paradise Lost? *...continued from page 2.*

Unfamiliar with these sorts of shenanigans, Soren and I made tentative plans to leave should Mr. X not come through or not make satisfactory peace with the staff in the form of a really good explanation. When Mr. X did show, it was arm-in-arm with the island's Top Official, who gathered us together in the back room by the printing press and personally apologized for the incident, reassuring us that this would never happen again, telling us that there is in fact an agreement between Mr. X and the government and that we are safe. Mr. X laid out his plan for the payment of our permits, and was clearly embarrassed by this whole incident: "This isn't Cuba or China; this sort of thing doesn't happen here." And, at this point, it almost seemed as if it hadn't. Still, being the law-abiding, law-fearing U.S. citizen that I am, I wanted something in writing as proof. I remained uneasy, but everyone else - especially those from the Caribbean part of the world - seemed satisfactorily reassured. And given the political heights to which the incident traveled, I think we probably can trust this off-the-books promise.

Such is the way of "island politics": big men in an old boys' network flexing muscles, and trying to publicly or privately foil each other as they toy with the island's future, individuals' lives and their own aspirations for power. It's particularly odd because this island is much like any small town, except with potential consequences of a much larger nature...like deportation. Yet, we are not going to be deported nor does there seem to be any reason to think we will be in the future. Though this incident felt very real and serious and frightening to me at the time, it turned out to be nothing of consequence, and another lesson in the way life works on this small island. And so we are faced with some tough questions: Do we allow our deepening understanding, our views under the curtain, our peek behind the mask to spoil the whole experience of small island life, or do we accept that this place, like any other, is full of complexity and depth and good and evil? This is still a land of monkeys, of free, beautiful beaches, of rain forest, ruins, sun showers, rainbows, and a relaxed, easy-going pace that one dreams of in an island paradise. But it also is a political animal that has now bared its teeth a bit, making itself all the more complex and real in the process.

We do not intend to leave at this point. We are safe and we have really just begun to feel at home here in the Tropics. And don't want to run away at the first sign of a wrinkle or darkened shadow.

Ingerlene Voosen Embry is a former greeting card editor turned freelance writer living and writing in New England. The names in this story were changed to protect her and her former co-workers' safety. She can be reached at writeringerlene@yahoo.com.

Share your story about expatriate life with us. Have you lived in other parts of the world? Turn your experiences into a story. You need not be a professional writer, just willing to share. Email it to accraokyeame@yahoo.com



Allergic Contact Rashes Copyrighted Material: Not for Reproduction or Distribution

Allergic contact dermatitis is caused by a reaction to substances called allergens that come into contact with your skin. In susceptible people, these contact allergens can cause itching, redness, and blisters that is known as allergic contact dermatitis. What Allergic Contact Dermatitis Looks Like



In initial (acute) severe cases such as poison ivy, the skin gets red, itchy, swollen, and develops tiny blisters, which may break and leave crusts and scales. The skin becomes thick, red, and scaly with long-term (chronic) exposure to an allergen. Later the skin may darken and become leathery and cracked. Allergic contact dermatitis can be difficult to distinguish from other rashes.

Discovering the Cause A dermatologist will study the materials that your skin encounters at work and at play to try to identify the allergen. Most contact dermatitis is diagnosed by distribution of the rash. Sometimes the cause cannot be identified by history or physical examination and your dermatologist may want to perform patch tests. Allergic Contact Rash Patch tests are a safe and easy way to diagnose contact allergies. Patch tests are different from injection or scratch skin tests because they test for different allergens. In patch tests, small amounts of the possible common allergens are applied to the skin on strips of tape and then removed after two days. A positive allergy test shows up as a small red spot at the site of the patch. Common allergens include nickel, rubber, dyes, preservatives, medications, fragrances, poison ivy, poison oak, and related plants. **Nickel Dermatitis**

Nickel is found in many metal products, including gold jewelry, and is commonly used in metal alloys. Many chrome-plated objects contain enough nickel to produce a reaction in sensitive people. Stainless steel also contains nickel, but it is bound so tightly that it is safe for most nickel-sensitive individuals. Contact dermatitis caused by nickel Sweating increases dermatitis in nickel-sensitive people as well. Items containing nickel can cause an itchy, prickly sensation with 15 to 20 minutes after touching sweaty skin. A rash may appear within a day or two. These same items can be often worn for several hours without any problems if sweat is not present. Earrings containing nickel can cause earlobe dermatitis, a very common problem. The nickel allergy may start with the needles used to pierce ears and the first pair of earrings. Sterile stainless steel needles should be used for piercing, and only nickel-free earrings should be worn for at least the first three weeks.

Clothing fasteners made of nickel — buckles, zippers, buttons, and metal clips, can cause dermatitis. Nickel-sensitive people can substitute nylon accessories. **Rubber** Rubber products often cause allergic contact dermatitis. Chemical additives in rubber can cause the reaction. Rubber, especially latex, can cause immediate allergic reactions including itching, burning, and hives under the rubber object. Some people experience itching, tearing eyes, and shortness of breath. This is more common in people who often wear tight fitting rubber gloves, such as medical workers. Rubber gloves may also cause dermatitis on the skin of the hands under the glove. Powder-free rubber gloves may be less allergenic. Vinyl or other synthetic gloves should be substituted if one is known to be allergic to rubber or latex. **A severe reaction to rubber**

Women that have a rubber allergy can wear undergarments with an elastic called spandex if they do not have rubber-backed fasteners or edges. Girdles and bras with no rubber are also available. Some cases of allergic contact dermatitis from shoes are caused by ingredients in the rubber used in the construction of the shoe. Adhesives in shoes can also cause problems. Even leather shoes may contain adhesives. Shoes without rubber should be substituted. **Chromate** Chromates contain chromium, and are commonly responsible for allergic contact dermatitis from cement, leather, some matches, paints, and anti-rust products. Contact with chromium is common in jobs in the automobile, welding, foundry, cement, railroad, and building repair industries. Chromates are also used to tan leather for shoes and can result in shoe dermatitis. Vegetable-tanned footwear can be used as an alternative. Some matches contain chromates. Touching unlit matches can contaminate fingers. Fumes from a lit match and the charred match head also contain traces of chromates. Placing used matches or book matches in a pocket will contaminate the pocket lining. **Hair Dyes** Most people can color their hair without allergic reactions. However, some are sensitive to paraphenylenediamine (PPD). This ingredient is found in permanent hair dyes that are mixed with another chemical, such as peroxide, before application. People allergic to PPD should not use any permanent hair dyes. About one in four people allergic to PPD are also allergic to ingredients in semi-permanent dyes. Follow the package instructions for a patch test before using any hair dye. **A rash caused by a hair preparation** Most people allergic to PPD can use temporary dyes or rinses to blend in gray or brighten hair. A few people, however, will react to these dyes too. While PPD dyes are rare in clothing, other dyes that may react like PPD (cross-react) may be present. As a result, some PPD-sensitive patients cannot wear dark clothing; especially clothing made of synthetic fibers like polyester or nylon. About 25% of PPD sensitive people are also allergic to certain local anesthetics, like benzocaine, that are chemical relatives of PPD. **Neomycin** Neomycin is a common allergen found in both prescription and non-prescription topical antibiotic creams, ointments, lotions, ear drops, and eye drops. Neomycin may also be seen in combination with topical steroids, and other antibiotics like triple antibiotic first aid creams. People who are allergic to neomycin and treat their cuts, abrasions, and rashes with over-the-counter neomycin-containing creams frequently develop neomycin-induced dermatitis. **Skin Care Products** Perfumes, lotions, and cosmetics may cause allergic contact dermatitis. Some people are sensitive to the fragrance chemicals. People with fragrance allergy can use fragrance-free products, but "unscented" products may still have a "masking" fragrance added to cover up the smell of the chemicals. Others are sensitive to the preservative chemicals needed to prevent skin care products from spoiling. Persons may be sensitive to only one preservative chemical and not others. This can be determined by patch testing. There are very few truly preservative-free products. **Poison Ivy and Its Relatives** This plant family includes poison ivy, poison oak, and poison sumac. In the U.S., these plants produce many cases of allergic contact dermatitis. The reaction looks the same in all of them. Often patients develop lines of small blisters on the skin where the plant brushed against them. A mild poison ivy rash People sensitive to poison ivy, oak, and sumac are allergic to other plant oils, such as a furniture lacquer obtained from the Japanese lacquer tree which contains such an oil, as do mango rinds, and cashew shells. Your dermatologist can provide you with information to help you avoid other things that can cause these allergic reactions from occurring. **Treatment** Mild rashes that occur from allergic contact dermatitis usually respond to topical steroid creams and/or oral antihistamines that your dermatologist will prescribe. It may also be necessary to apply moist compresses to blistered areas for a few days and keep these areas covered. Severe rashes may need to be treated with systemic methods such as oral and injectable corticosteroids, antibiotics, or other anti-inflammatory and immunologic agents. People with allergic contact dermatitis should: Avoid the allergen that causes the reaction and chemicals that cross-react with it. Your dermatologist can help you identify items to avoid. Substitute products that do not cause reactions. Your dermatologist can suggest sources for these products. **Source:** AAD Web site:

www.aad.org

AROUND TOWN

North American Women's Association (NAWA) promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the www.noworriesghana.com website or go to www.nawaghana.com. Call secretary Carol Pietryk at 0242 108273 (email: icpietryk@yahoo.ca) or president Monica Carr at 0243 680799 for further information. "You are welcome."

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk
Accragio, a singing group open to expatriates and Ghanaians, is preparing its next program and welcoming all new singers, especially altos and tenors. For more information, please con-

tact Rodger French: deluxevaudeville@earthlink.net or 024-664-9487.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact acrahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)
Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 0275089645 Mythili Raja Mohen

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallag@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Fit & Fun Gymnastics Club for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

Community News and Events

AMERICAN INTERNATIONAL SCHOOL

A Brand New American Curriculum International School

Classes since September 6, 2006—grades pre K-11th grade

Limited enrollment ~ Small teacher to student ratio

Teachers from the United States

Fully Air-Conditioned Classrooms

Bus Service Available

For More Information and Tuition Rates go to www.AISaccra.org

Or Tel: 0277-549905



Member of Network of International Christian Schools since 2006

Leaving?

Can't take that wonderful dog with you but you want it to go to a good home? I am looking for one nice adult dog whose bark is worse than its bite.

One who is good with children but fiercely protective of it's environment.

Prefer Alsatian but would consider other breeds as well. Please contact Laurie 0277-549905 (2)

For Sale , please call Judy Tel: 0244 327 424

Pool, 30' diameter, above ground Korg Electronic piano, 88 key

Safe, Sentry 17" x 17" x 14"w

Boombox, Panasonic Steeo Component System RX-C5730M2 (110~127/240)

DVD player, Malata 806; Computer, PC Dell Inspiron 4000

Cassette Recorder & Radio (small)

Radio, AM/FM LCD Alarm Clock "Voltage Valet"

TV – JVC 14"

Video Recorder/Player Multi-System "Sapphire"

Computer Monitor - Northgate 15"

Printer, Color HP Photo Smarte 7760

Singer Sewing Machine (110/220v)

DVD, LiteOn

Mirror, standing 3'10" x 7'10"; Laptop computer - Dell (110~220)

Aiwa Sound System (120v) ; Radio, AM/FM LCD Alarm Clock "Voltage Valet" HP Scanjet 4670 (100~120v)

HP Photosmart 7760 (120~127v)

Car: Dodge Caravan

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accrao-kyeame@yahoo.com. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyame@yahoo.com. Send your classifieds to accraokyame@yahoo.com.

SEEKING EMPLOYMENT

French chef from Togo looking for full time work. He cooks European and African dishes and can manage cooking for parties for up to 20 people. Contact Charlotte for more information at 0244-326150 (1)

Pricilla Emefa is looking for work as receptionist in a hotel or office or as administrative assistant. She recently graduated with a diploma in Hotel management and office management. Please contact her at 0243 625266 or 0243

Do you need a **reliable and trustful person** to look after your house and perform different tasks? Joseph Alou, has over 17 years experience as guard, handyman and gardener in the Embassy of Former Yugoslavia. Refs. available. Contact either Joseph Alou on 024 67 40 815 or his former employer Mr. Anjelkovich on 024 43 74 020 (3)

Driver, "Man-Friday" available. Emmanuel has worked for me for nearly three years. He is a flawless driver - has not even scratched my car in that time. He does countless other tasks and does them all well, including running errands, washing and ironing (he does this very well), and taking care of my dogs. Call 0344-311-262 or email mschulman@usaid.gov (3)

Driver available - reliable, responsible, honest and safe. Isaac has worked for us for two years and we have trusted him to drive our new baby. We are returning to Australia mid-December and are keen to find him a new position. Call Isaac on 0243 455 367 or 021 780 380 for references.(3)

FOR SALE: BAMBOO FURNITURE SET. Never been used and will sell at COST. Includes: 3-cushion sofa, 2-cushion sofa, 4 chairs, 1 coffee table, 4 small side tables. All tables have covered glass and weaving under table-top.

Also includes Coordinating cushions and covers. For sale at: 1.6 million cedis. Please call: 0246 603016 or email: pjr1110@hotmail.com. (2)



Gigantic Yard Sale

Saturday, January 27, 2007

9:00 AM— 3:00 PM



Where?
Judy Francis'



Across from NAFTI
and

The Goethe Institute
on
#12 Kakramadu Rd.
Cantonments



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MISCELLAENOUS

Looking for a comfortable, safe and clean place, centrally located near West Accra to stay. American female volunteer for a Christian non-profit in West Africa will be here for four months beginning in Feb. 07Willing to pay \$250-\$300/month. Contact baugustin78@yahoo.com

For Sale: DISPOSABLE DIAPERS! 126 Kirkland (Costco) brand size 5 (27 lbs+) for US\$30. 144 Huggies brand size 6 (35 lbs+) for US\$39. Contact tnabbel@yahoo.com, or 024-210-8043. (1)

Seeking: Elizabeth Gliff has worked for me since August 2005 as a **cleaner and nanny**. I am happy to trust her with sole care of my toddler. She is honest and reliable. I can be contacted on 0243 463031.

For Sale: Yakima bike rack that will fit any car.. The rack will hold several bikes. Yakima are the most reliable racks money can buy. Price \$200. Call Natalie at 0244-331-102 or e-mail natalie_lorence@yahoo.com

For sale, dishwasher soap for automatic machine. Bought at Costco in Canada before going on post, but no dishwasher machine in the house! This is like 2 or 3 years supply! 2 buckets Kirkland Signature Dishwasher Soap (6.80kg each) 1 bottle of Jet Dry (946ml) Selling at cost, 300 000 Cedis for the package Contact Gislain at 0244 329 718

Had a great vacation in Ghana? Or did you travel in West Africa or another part of the Continent? Share your info with others. Let us know where you went and where you stayed. Email your great vacation to accraokyeame@yahoo.com. Thanks!

VEHICLES FOR SALE

1997 Chevrolet Blazer 4x4. Mileage 102, 000 km. comfort: ac, power steering, powered windows, mirrors and driver seats. High quality stereo. Security: air bag, ABS aspect: looks nice, alloy wheel engine 4.3 L, petrol, V6(265 horsepower). Transmission: Automatic. Price: \$11,900. 0244-352 6005

1996 Daewoo Nexia saloon car. Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4000 OBO. Pease call 020 813-6962 or 0246 584 384 (3)

2002 Dodge Grand Caravan FWD Sport Mini ASKING PRICE \$18,000 CD & Cassette player; Equipment 3.3 Liter V6 12 Valve 180hp@5200rpm, AC 4 Wheel Power Anti-Lock Brakes 5 Passenger Seating Capacity Dual Sliding Side Doors. Wheelbase: 119.3 inches. Power Rack And Pinion Steering. Curb Weight: 4093 lbs. Power Door Locks. Width: 78.6 inches. Power Windows w/Driver Side. Original Factory Price \$24,275 Contact Information 024-4327424

Are you a quilter?

Create a memory of Ghana using my adinkra symbol applique patterns to make a quilt, a wallhanging, or pillows. For pictures and price list: email Widdison@hotmail.com. Subject line: adinkra design patterns.

Famous Proverbs:

One camel does not make fun of another camel's hump.

Ghanaian

1998 Honda Civic 4 door sedan, 61700 miles, manual transmission. Excellent condition. Duty not paid. (Estimated at 15 million cedi) Price Reduced to \$5200. Please call Diane at 0244331244. (2)

For Sale: like new 2 gigabyte sony psp memory ,three sony psp games and a movie for sale madden 06,fightnight 3,etc.\$300 neg. 0208804684,021912690 or email herbieokantey@yahoo.com.(2)

For Sale: DSTV box and satellite dish for 3,100,000 cedis. Call Gail at 021-773-465 or 0244311944. (2)

Volvo S40 2003, black leather seats, AC, airbags, power steering, electric windows & doors, alarmed, fully loaded, low mileage, duty paid \$13,0000 Call 020 813-6962 or 0246 584 384

!GREAT FIND!

Had lunch and dinner at a great new restaurant serving Caribbean dishes from many different islands. Its called **The Caribbean** and located in Osu! Take a right on the street before Frankie's coming *from the direction of the Danquah Circle*. It is a yellow house on the right hand side. Open Tuesdays-Sundays, 11am-3pm for lunch and 6pm-11pm for dinner! For info: 0243-437352. It is clean and they play *zouk!* Oooh la lala la la!